



# THROWING A FOOTBALL 101

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When you are first learning how to throw a football, it can be difficult and frustrating because it takes practice. It is not something you learn over night, but once you have developed a concept for throwing it gets easier and easier. Many athletes have mastered the art of throwing a football. Athletes like **Russell Wilson** have spent endless hours at practice just throwing a football. I'm not saying you'll be Russell Wilson good, but you'll be pretty good.



## STEP ONE



To throw a football you must know where to place your hands and how your hands go on the ball. First you take your index place it on the first lace. Then wrap your fingers around the ball.

## STEP TWO



Next you bring the ball up to your ear like you are on the phone. Don't over do it, put the ball where it feels comfortable. Keep both hands on the ball because you don't want defenders coming to strip the ball out of your hand.



## STEP THREE



After you've figured out how to learn how to hold the ball, so that you are able to project the ball as far as you can. You stand facing your target and your power leg faces your target then you throw.

## STEP FOUR



After you feel comfortable you want to project the ball forward so that your hand goes over your head and down.

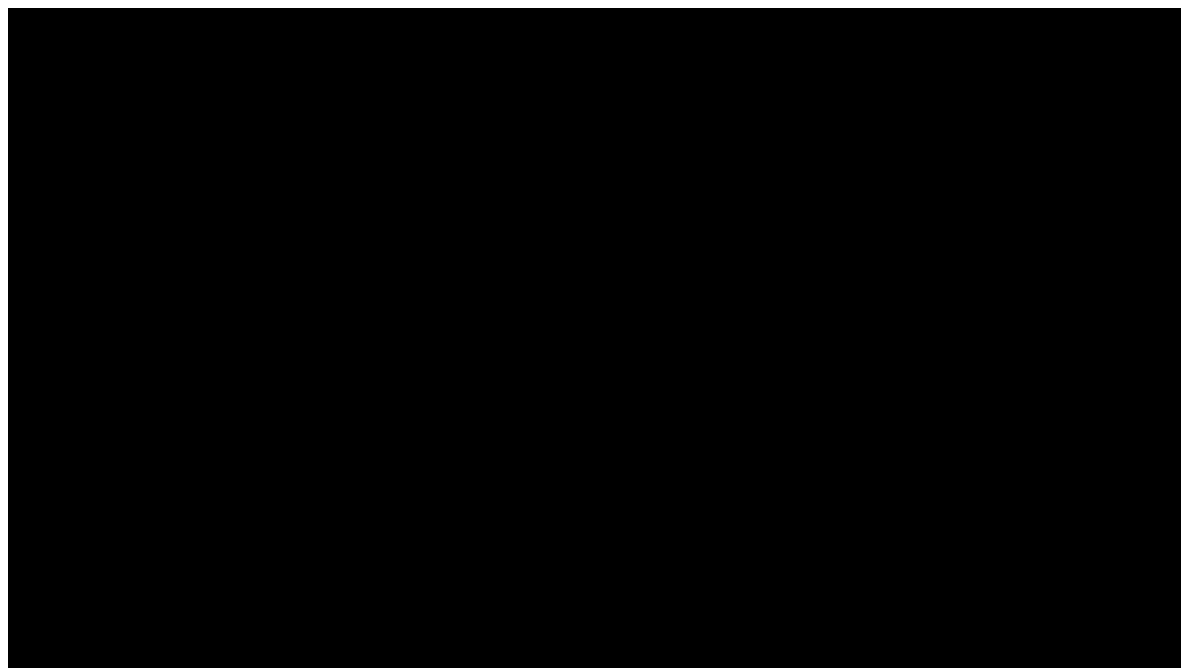


## STEP FIVE



Once the ball is released you should finish with your hand on your opposite hip. This is called following through. You want to keep both hands on the ball until you release the ball.

# DEMO



Here is a demonstration on how you should throw the football. Just in case you weren't able to pick on it.